In the claims:

1-4. (canceled)

5. (previously amended) The mechanism according to claim 7 wherein said rotatable element is rotatable about a pivot and at least two of said grooves are offset from said pivot.

6. (previously amended) The mechanism according to claim 7 wherein said linear motion element is adapted to cause said rotatable element to rotate when said portion of said linear motion element is not positioned in said grooves that define the points of travel.

7. (previously amended) A rotary motion mechanism comprising:

a rotatable element geometrically lockable at two points of travel; and

a linear motion element linked to said rotatable element, said linear motion element being adapted to move in response to a linear motion imparted thereto and to cause rotation of said rotatable element, wherein said two points of travel are defined by structure formed in said rotatable element, said structure comprising a plurality of grooves adapted for receiving therein a portion of said linear motion element, wherein one of said grooves defines a first point of travel of said rotatable element when said portion of said linear motion element is received therein, and another of said grooves defines a second point of travel of said rotatable element when said portion of said linear motion element is received therein, and wherein said plurality of grooves comprises an additional groove that is not one of said grooves that define the points of travel.

8. (original) The mechanism according to claim 7 wherein said linear motion element is adapted to cause said rotatable element to rotate when said portion of said linear motion element is positioned in the groove that is not one of said grooves that define the points of travel.

9. (previously amended) The mechanism according to claim 7 wherein said grooves comprise at least three grooves formed generally in a clover shape in said rotatable element.

10. (previously amended) The mechanism according to claim 7 wherein said rotatable element comprises a hook.

11-16. (cancelled)